What is claimed is:

1. In an adaptive polling method for updating data between at least one data server and a mobile communication device, the improvement comprising:

retrieving current pre-emptive criteria from said at least one data server;

comparing said current pre-emptive criteria to previously stored pre-emptive criteria; and

in the event said current pre-emptive criteria does not equal said previously stored pre-emptive criteria then updating said data between said data server and mobile communication device, and otherwise pre-empting said updating of said data between said data server and mobile communication device.

2. The improvement of claim 1, wherein said data server is a mail server with a mailbox for storing e-mails identified by respective message IDs, and said pre-emptive criteria are selected from the group comprising number of messages in said mailbox, mailbox size, and most recent message ID.

3. In an adaptive polling method for updating e-mails between a main mailbox in a mail server and multiple external mailboxes, the improvement comprising:

retrieving current pre-emptive criteria from said multiple mailboxes;

comparing said current pre-emptive criteria to previously stored pre-emptive criteria for respective ones of said multiple mailboxes; and

in the event said current pre-emptive criteria does not equal said previously stored pre-emptive criteria then updating said e-mails between said main mailbox and said multiple mailboxes, and otherwise pre-empting said updating of said e-mails between said main mailbox and said multiple mailboxes.

4. The improvement of claim 3, wherein said e-mails are identified by respective message IDs, and said pre-emptive criteria are selected from the group comprising number of messages in respective ones of said external said mailboxes, mailbox size of respective ones of said external said mailboxes, and most recent message ID in respective ones of said external said mailboxes.

5. A wireless communication system comprising:

a mobile device accessible via a wireless network;

a mobile mailbox for storing user e-mails;

a wireless service engine for controlling data communication over said wireless network between said mobile device and said mobile mailbox;

a plurality of external user mailboxes; and

a polling engine in communication with said mobile mailbox and said plurality of external user mailboxes, for retrieving current pre-emptive criteria from said plurality of external user mailboxes, comparing said current pre-emptive criteria to previously stored pre-emptive criteria for respective ones of said plurality of external user mailboxes, and in the event said current pre-emptive criteria does not equal said previously stored pre-emptive criteria then updating said e-mails between said mobile mailbox and said plurality of external user mailboxes, and otherwise pre-empting said updating of said e-mails between said mobile mailbox and said plurality of external user mailboxes.